

Foods Ideas by Texture

Add variety by offering foods with textures your child likes.

Vegetables and fruit	Grain foods	Protein foods
Crispy and crunchy		
<ul style="list-style-type: none">- Apple, green pear, guava- Banana or apple chips- Bell peppers, cabbage, carrots, celery, corn on the cob, cucumbers, iceberg lettuce, kohlrabi, radishes, snap peas- Dried seaweed- Frozen melon strips and grapes- Frozen peas- Baked vegetables chips made from beets, carrots, kale, parsnips, potato, or radishes	<ul style="list-style-type: none">- Breakfast bars- Croutons- Dry cereal- Filo pastry- Granola- Pita chips- Popcorn- Pretzels- Rice, rye, or soda crackers- Thin pizza crust- Toast- Tortilla chips	<ul style="list-style-type: none">- Baked mozzarella sticks- Battered or crumb coated chicken, fish, or meat- Bean chips or crisps- Chia, flax, pumpkin, or sunflower seeds- Freeze-dried cheese- Grilled bacon or ham- Parmesan crisps- Peanuts, nuts- Roasted chickpeas, soybeansSesame snaps
Chewy		
<ul style="list-style-type: none">- Cooked mushrooms- Dried fruit such as apples, apricots, dates, mango, or raisins- Fruit leather	<ul style="list-style-type: none">- Amaranth, barley, steel cut oats, or wild rice- Bagels, bannock, bread- Frozen pancakes or waffles- Granola bars or energy balls made with oats- Oatmeal cookies- Pasta- Soft pretzels- Thick pizza crust	<ul style="list-style-type: none">- Battered fish- Beef, deer, elk or moose jerky- Beef, deer, elk, lamb, or pork steaks or chops- Clams, oysters- Cheese curds, strings- Grilled Haloumi cheese- ProsciuttoSalami, pepperoni stick

Vegetables and fruit	Grain foods	Protein foods
Soft		
<ul style="list-style-type: none"> - Applesauce - Avocado, tomato - Banana, kiwi, mango, nectarine, peach, pineapple - Canned or cooked fruit - Cooked broccoli, cauliflower, okra, peas, potato, pumpkin, turnip, rutabaga, sweet potato, or yam - Grapefruit or orange segments with membrane removed - Guacamole 	<ul style="list-style-type: none"> - Cooked amaranth, barley, couscous, or rice - Cooked semolina, cornmeal, or congee - Cream of wheat or rice cereal - Muffins - Oat porridge - Over-cooked pasta - Pancake, crepe - Rice pudding 	<ul style="list-style-type: none"> - Baked beans, lentils - Canned or cooked fish - Cottage, ricotta, or soft cheese - Custard, pudding - Hard boiled or scrambled egg - Hummus or other bean dips
Meltable or dissolvable solids		
<ul style="list-style-type: none"> - Baked green pea crisps - Freeze-dried strawberries - Puffed vegetable sticks - Toddler vegetable or fruit puffs 	<ul style="list-style-type: none"> - Baby cookies - Graham crackers - Puffed cereals - Rice husks, cakes - Toddler rice puffs 	<ul style="list-style-type: none"> - Bean or lentil crisps, or puffs - Peanut or nut crisps, or puffs - Toddler freeze-dried yogurt snacks

Vegetables and fruit	Grain foods	Protein foods	
Stick shaped foods			
<ul style="list-style-type: none"> - Asparagus, cucumber, green beans, peppers, snow peas, zucchini - Baked potato, sweet potato, or zucchini wedges - Fruit cut into strips (apple, pear, melon, pineapple) - Hard raw vegetables such as carrot, celery, or jicama - Puffed vegetable sticks, green pea crisps 	<ul style="list-style-type: none"> - Baked pita or tortilla strips - Breadsticks - Crackers - Granola bar, cereal bar - Pancake or waffle strips - Pretzel sticks - Toast or bagel strips 	<ul style="list-style-type: none"> - Beef, deer, or elk jerky - Beef or pepperoni sticks - Cheese strings - Chicken or fish fingers, or sticks - Falafel waffle - Firm tofu - Frittata fingers - Frozen yogurt tubes - Ground meat kabobs - Milk or yogurt-based popsicles - Pepperoni sticks 	
Binders (thick purees that help bind foods together)			
<ul style="list-style-type: none"> - Applesauce or other fruit sauces - Guacamole - Pureed soft, cooked or canned fruits such as apple, blueberries, mango, peach, or pear - Pureed soft, cooked or canned vegetables such as peas, potato, roasted red pepper, squash, or sweet potato - Pureed vegetable soup - Tomato sauce 	<ul style="list-style-type: none"> - Congee - Pureed soft, cooked pasta - Smooth baby cereal, other smooth hot cereals 	<ul style="list-style-type: none"> - Cheese or cream sauce - Custard or pudding - Finely mashed egg or tuna salad - Greek yogurt - Hummus - Mascarpone cheese - Melted smooth peanut, nut, or seed butter - Pureed lentils - Pureed soup 	<ul style="list-style-type: none"> - Pureed tofu - Refried beans - Sour cream - Tzatziki sauce - Whipped cream cheese